

Salt River Fire Department Safety Guidelines

Heat Stress Management

June 2006

201.05B

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The purpose of this procedure is to establish guidelines and responsibilities for minimizing the effects of heat stress to department members. The following practices are to be implemented whenever temperatures are expected to exceed 105 degrees or whenever the combination of air temperature and humidity equal a humidity index of 105 degrees.

MEMBER'S RESPONSIBILITIES

Each member will be responsible to:

- Maintain proper rest/nutrition regimen
- Observe appropriate work/rest cycles
- Hydrate before, during, and after each shift (minimize coffee, tea, and cola products)
- Inform supervisor of any ill effects to heat

COMPANY OFFICER'S RESPONSIBILITIES

Company officers shall be responsible to monitor/manage:

- Outdoor cardiovascular activity (tennis, racquetball, running, etc.) shall be limited to a maximum of 30 minutes.
- A minimum of 64 ounces (2 quarts) of fluid should be consumed during the 24-hour shift.
- Work/rest cycles--request a relief company and assignment to rehab after crew has consumed two bottles of air.
- Company activity and request additional resources as necessary.

COMMAND RESPONSIBILITIES

- Establish a Rehab Group on all incidents when strenuous activity is anticipated; ie: Working structure fires, vehicle extrications, wildland fires.
- Assign companies to Rehab Group as needed or requested (companies shall remain in rehab for a minimum of 20 minutes).
- Utilize the practice of first company in, first company out routine.
- Request additional resources as necessary.

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		70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°

Relative Humidity	0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
	10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
	20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	130°
	30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	148°
	40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
	50%	69°	75°	81°	88°	96°	107°	120°	135°	150°		
	60%	70°	76°	82°	90°	100°	114°	132°	149°			
	70%	70°	77°	85°	93°	106°	124°	144°				
	80%	71°	78°	86°	97°	113°	136°					
	90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°								